



## Need a New MBTA Senior Pass?

Below are some facts you should know:

- The beginning of the month is extremely busy. People should generally avoid calling during the first few days of the month and should try to wait until later in the week to speak to someone.
- The MBTA will need your full name, senior ID pass number, address, date of birth and a phone number where you can be reached.
- After you make the request, you will receive a confirmation number. A new pass should come within two weeks. If a new pass doesn't come in that time, contact the MBTA again at one of the following numbers: 617-222-3200 or 617-222-2070.

# City of Somerville Council on Aging



167 Holland Street, Somerville, MA 02144 617-625-6600, ext. 2300

## Arts Programming at Cross Street



Colorful birdhouse adorn the tree outside Cross Street Center.

The colorful birdhouses hanging out in front of the Cross Street Center represent just one example of the creative programming that has been happening there. Cross Street participants joined with young adults from **Teen Empowerment** to paint and decorate the birdhouses as part of a Community Day at the Center. Many thanks to **Beautiful Stuff** and other community members for the donations that made the project possible.

Thanks to this and other collaborative relationships with area arts organizations and artists, there's been a wide range of arts-focused activity at 165 Broadway. Most recently, with support from **East Somerville Main Streets** and the **Somerville Arts Council**, participants worked with local artist **Emily Bhargava** to design tile pieces that will become part of a community mosaic at the **East Somerville Library**. Bhargava helped any and all community members interested in crafting a mosaic piece learn how to sculpt the clay and add personal touches and textures. **Mudflat Studios** will fire and glaze all of the pieces they created. Local artist **Laura Smith** will incorporate the glazed pieces into a larger design for the streetscape in front of the library. Smith hopes that quotes gathered during the earlier construction of a **Peace Quilt** for Cross Street can be included in the final product. She describes her hopes for the project as "a permanent reflection about East Somerville as a neighborhood that is vibrant, diverse, honest, authentic, one of a kind, independent, traditional, and evolving."

"Having the arts here provides the perfect complement to the **English Conversation, Lunch, and Fit 4 Life** exercise and nutrition programs we offer here at Cross Street," says Janine Lotti, SCOA Senior Project Manager. To learn more about these and other programs at Cross Street, contact Lott at (617) 625-6600, ext. 2321.

## DON'T FORGET!

Mark your calendars for this year's **Mayor's Senior Picnic!** It will be on **Wednesday, August 5th** at Powderhouse Park. If you haven't been to one of these grand celebrations, you should come and enjoy the festivities. If you have, then you already know what a great time we have! Call 617-625-6600, ext. 2300 to find out more about tickets and to sign up.



## Message from the Mayor

Let me start this month's letter by wishing you all a very Happy Fourth of July!

There is no location better than the Boston area this time of year. I'll take that even further and say that there's no place better than Somerville in the Summer! Of course I think we have the best Fourth of July celebration in the area.

If you have the chance, I encourage you to take advantage of the many free outdoor activities our City offers all summer long. At the very least, I hope you get a chance to see the talented young singers and dancers who perform with the Sunsetters. I know they make a point of visiting all the places where older adults live. They're also visiting neighborhoods and parks throughout the City.

I also hope you will visit our three different Council on Aging Centers to learn more about all the programs we offer at each one. Especially on hot summer days, it's nice to drop in to a cool place that is welcoming and friendly. I know the staff there are always working to make the Centers work for you.

Have a great Fourth, and a wonderful July!



## Contacts & Information

### EXECUTIVE DIRECTOR

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Christopher Kowaleski ▪ Health and Wellness Coordinator

Mimi DelGizzi ▪ Nutritionist

Josephine Raczkowski ▪ Office Assistant

Judy Calvey ▪ Holland Street Director

Kim Moss ▪ Ralph and Jenny Director

Wil Hartigan ▪ Social Work Intern

### COUNCIL ON AGING OFFICE

Monday - Friday 8:30 a.m. - 4:30 p.m.

### CROSS STREET CENTER

165 Broadway ▪ 617-625-6600, ext. 2335

Tuesday & Wednesday 9 a.m.-1 p.m.

### HOLLAND STREET CENTER

167 Holland Street ▪ 617-625-6600, ext. 2300

Monday - Friday 9 a.m.-3 p.m.

### RALPH & JENNY CENTER

9 New Washington Street ▪ 617-666-5223

Monday - Thursday 9 a.m.-3 p.m.

## Healthy Living News You Can Use



### The Art of Eating Mindfully

Have you ever been sitting in front of the TV with a bag of chips only to discover that you ate the whole bag without even knowing it? Or have you been talking on the phone while eating dinner, not paying attention to each forkful you put in your mouth only to wonder why you're still hungry afterwards? Believe it or not, being distracted

**Michelina R. DelGizzi, MS, MPH** while we're eating can increase our risk of overeating which can eventually lead to weight gain. Whether you're eating breakfast, lunch, dinner, or any snack in between, staying mindful about what and when you're eating will help you not only enjoy your food more, but also listen to your body's signals of fullness. Mindful eating is the practice of keeping your mind occupied on your food while you're eating instead of letting your mind wander, zoning out, or being distracted. As we become more mindful, we may notice that we eat only when we're hungry, and we stop eating when we're full or satisfied. Instead of mindlessly reaching for more chips while we watch TV, we can appreciate and enjoy the handful that we grab, one chip at a time. A quick and easy way to become a little more mindful today is by using all of your senses next time you sit down for a meal or grab a snack. A common exercise is called the "Raisin Experiment" because it is often performed using a raisin which we'll do here, but you can use the same techniques regardless of what you're eating.

**Look.** Look at a raisin. Really look at it. What color is it? Does it have wrinkles or is it smooth? Is it as big as your fingernail? Is it a perfect circle or is it an oval?

**Touch.** What does the raisin feel like? Is it dry? Is it soft or hard? Squishy? What is its texture?

**Listen.** Hold the raisin up to your ear. Hear anything? What about when you give it a squeeze? Can you hear it squish between your fingertips?

**Smell.** Does the raisin smell fruity? Does it smell sweet? Does it have any smell at all? What about the inside of the raisin? If you split the raisin into two, is its smell more pronounced?

**Taste.** What does your raisin taste like? What parts of your tongue respond most to its texture and its sweetness? Does it stick to your teeth? Chew it 15 times before swallowing. Really taste the raisin. Can you tell it used to be a grape? Are there any grape notes that you can pick up?

Try this experiment, particularly with a raisin. Some people have sworn that it's the best raisin they've ever tasted, just because they really appreciated its characteristics simply by being more mindful. This is not to say that you must take this much painstaking effort to be mindful about every mouthful of food you eat, but it is an introduction to being more mindful about what and why you eat during the day. Try to stay mindful about when you're hungry, when you're full, and what your food tastes, looks, smells, and feels like to get the most out of every eating experience. Your body and mind will thank you.

Let's make sure to say **THANK YOU** to one of the agencies that helps us deliver quality programs and services.

Grant funding from **SOMERVILLE-CAMBRIDGE ELDER SERVICES** makes much of the work we do at our Centers possible. For many years, they have been a key community partner, working with us to ensure that Somerville's older adults receive the care and attention they deserve.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



1

Ralph and Jenny Center closed

10:00 English Conversation (C)  
11:30 Lunch (H, C)

3

All  
Centers  
Closed

2

10:00 Current Events (H)  
11:00 Computer tutorial with  
Barbara (by appointment only) (H)  
11:30 Lunch (H)  
**Fireworks**

6

8:30 Fit-4-Life Walking and  
Talking Group (H)  
11:30 Lunch (H)  
12-1 Individual Nutrition  
Counseling with Mimi (H)

7

10:00 English Conversation (C)  
10:00 Scarves for Soldiers (Rf)  
10:00 Cards (Rf)  
10:00 Addiction Specialist Event (H)  
10:30 Men's Group (H)  
12:00 Lunch (Rf, C)  
12:00 Computer tutorial with  
Norbert (by appointment only) (H)  
12:45 Bingo (Rf)

8

10:00 English Conversation (C)  
10:00 Cards (Rf)  
11:30 Lunch (H, Rf, C)  
12:45 Bingo (Rf)

9

10:00 Cards (Rf)  
10:00 Scarves for Soldiers (Rf)  
10:00 Current Events (H)  
11:00 Computer tutorial with  
Barbara (by appointment only) (H)  
11:30 Lunch (H, Rf)  
12:45 Bingo (Rf, H)

10

10:00 Book Club (H)  
11:00 Farmers Market (H)  
11:00 Nutrition  
Counseling with Mimi (H)  
11:30 Lunch (H)  
12:45 Bingo (H)

13

8:30 Fit-4-Life Walking and  
Talking Group (H)  
9:00 Gardening (H)  
11:30 Lunch (H)  
11:30 LGBT Lunch (H)  
12-1 Individual Nutrition  
Counseling with Mimi (H)  
4:30 LGBT Advisory Board  
(H)

14

10:00 English Conversation (C)  
10:00 Scarves for Soldiers (Rf)  
10:00 Cards (Rf)  
10:30 Low Vision Support Group  
11:30 Lunch (Rf, C)  
12:00 Computer tutorial with  
Norbert (by appointment only) (H)  
12:45 Bingo (Rf)

15

10:00 Cards (Rf)  
10:00 English Conversation  
(C)  
11:30 Lunch (H, Rf, C)  
12:45 Bingo (Rf)  
2:30 Making picture frames  
with Emily Bhargava (C)

16

Winter Hill  
Yacht Club  
Summer Event  
  
All Centers Closed

17

11:00 Farmers Market (H)  
11:00 Nutrition  
Counseling with Mimi (H)  
11:30 Lunch (H)  
12:45 Bingo (H)  
  
Fun Friday at  
Larz Anderson Auto  
Museum

20

8:30 Fit-4-Life Walking and  
Talking Group (H)  
9:30 Veterans Group (H)  
11:30 Lunch (H)

21

9:00 Intergenerational Nutrition  
Program with Mimi and  
Teen Empowerment  
10:00 English Conversation (C)

22

10:00 Cards (Rf)  
10:00 English Conversation  
(C)  
11:30 Lunch (H, Rf, C)

23

10:00 Cards (Rf)  
10:00 Knitting Scarves for  
Soldiers (Rf)  
10:00 Current Events (H)

24

11:00 Farmers Market (H)  
11:00 Nutrition  
Counseling with Mimi (H)

2015

JUL

12-1 Individual Nutrition Counseling with Mimi (H) 12:30 Movie (H) 5:30 LGBT Dinner and a Movie	10:00 Scarves for Soldiers (R) 10:00 Cards (R) 11:30 Lunch (R), C 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:45 Bingo (R)	12:45 Bingo (R) 2:30 Intergenerational Making picture frames with Emily Bhargava (C)	10:00 Blood Pressure (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R) 12:45 Bingo (R), H	11:30 Lunch (H) 12:45 Bingo (H) <b>Fun Friday at Fruitlands</b>  <b>Castle Island</b>
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27	28	29	30	31
8:30 Fit-4-Life Walking and Talking Group (H) 10:00 Painting for Stress Reduction (H) 11:30 Lunch (H) 12-1 Individual Nutrition Counseling with Mimi (H)	10:00 English Conversation (C) 10:00 Scarves for Soldiers (R) 10:00 Cards (R) 10:00 Senior Housing 101 (H) 11:30 Lunch (R), C 12:00 Computer tutorial with Norbert (by appointment only) (H) 12:30 Movie-St. Vincent (H) 12:45 Bingo (R)	10:00 Cards (R) 10:00 English Conversation (C) 11:30 Lunch (H, R), C 12:45 Bingo (R) 6:00 Night Bingo (H)	10:00 Cards (R) 10:00 Knitting Scarves for Soldiers (R) 10:00 Current Events (H) 11:00 Computer tutorial with Barbara (by appointment only) (H) 11:30 Lunch (H, R) 12:45 Bingo (R), H	11:00 Farmers Market (H) 11:00—12:00 Individual Nutrition Counseling with Mimi (H) 11:30 Lunch (H) 12:45 Bingo (H) <b>Fun Friday at ICA</b>

To sign up for Council on Aging events or classes, Please call (617) 625-6600, ext. 2300. Somerville residents shall receive registration priority on all trips. Non-residents may request to be placed on a waiting list and if openings exist on a trip, non-residents may be able to register. Proof of residency may be required. In all cases, participants are not considered enrolled in a class or event list until deposit payment in full is rendered.

### WEEKLY EXERCISE AND NUTRITION CLASS SCHEDULE

**Monday:** Walking and Talking, 8:30 a.m. (H) ; Nutrition Counseling with Mimi , 12:00 p.m. (H) ; \*Fit 4 Life C, 1:00 p.m., (H)  
**Tuesday:** Strengthening, 9:15 a.m., \$3 per class (H); Fit 4 Life Cross Street, 12:15 p.m., Dalcroze Eurhythmics, 1:00 p.m., \$2/class(H); \*LBT Fit4Life, 6:00 p.m (H)  
**Wednesdays:** \*Fit 4 Life A, 8:45 a.m./B, 9 a.m./ C, noon (H); Zumba 4 All, 5:15 p.m., \$3/class (H)  
**Thursdays:** Strengthening, 9:30 a.m., \$3 per class (R) ; Yoga, 9:00 a.m., (H) \*LBT Fit 4 Life, 6:00 p.m. (H)  
**Fridays:** \*Fit 4 Life A, 8:45 a.m./B, 9:55 a.m.; Nutrition Counseling with Mimi, 11:00 a.m. (H)  
**\*All Fit 4 Life classes cost \$10/month and require pre-registration. If you are interested in our Yoga classes, please call Chris**

### KEY TO ABBREVIATIONS

H: HOLLAND STREET      C: CROSS STREET CENTER      RJ: RALPH & JENNY CENTER

## News You Can Use from the Social Services Desk

### News for Grandparents Raising Grandchildren!



Did you know that there was a statewide **Commission on the Status of Grandparents Raising Grandchildren**? It's been in existence since May of 2009, and the people there are very busy! The Commission has established several subcommittees and working groups for **Legal Information/Access to Legal Services, Information and Referral/ Navigating the System, Economic Support and Self Sufficiency, and Grandparent Support Groups** across the state. The committees and groups work not only because of Commission support, but also because of the many community members and organizations who have made generous contributions of time and ongoing support. As a result, there

have been many initiatives that empower and educate grandparents about the choices that they have and the resources available to them. Here are some examples:

- **The Information and Referral Sub-committee** released the **Grandparent Resource Guide** in 2009, and continued with several one information leaflets designed to answer questions about complicated issues. Titles include “*Grandparents, You Are Not Alone*,” “*Choices in Custody*” and “*When DCF is Involved..*” The Information and Referral Committee also built the Commission website, and works to keep it current, accurate and user friendly. Presently, it is undergoing a re-design to improve it as a resource.
- The **Economic Support and Self Sufficiency** group has been successful in its efforts to oversee a state appropriation of \$20,000.00, currently used to help track the needs of indigent grandparents raising grandchildren for FY 2012 and FY 2013. This group also worked successfully toward finding a fiscal agent - the Massachusetts Council on Aging. Other concerns of this group include seeking funding for a Warm Line Proposal that would help address the specific needs of grandparents and provide more support.
- **The Legal Assistance working group** has successfully worked to secure funding to help track the needs of indigent grandparents raising grandchildren. Grandparents are invited to call the **Senior Legal Helpline at 1-866-778-0939** for assistance. The Legal subcommittee is kept quite busy doing research on the many issues that are raised within the Commission, and through grandparent questions and feedback. The subcommittee also continues to explore ways to increase the availability of legal resources for grandparents, many of whom are low income and unable to afford private counsel.
- **The Grandparent Support Group subcommittee** spent a period of several months conducting a mapping project to identify viable support groups across Massachusetts and to help pinpoint where support groups were needed. Through the Department of Children and Families, they secured funding to start an additional six support groups.

Every year, the Commission, together with the Department of Children and Families and the Executive Office of Elder Affairs, sponsors a statewide conference at Worcester State University. The daylong event provides an opportunity to meet, collaborate and learn from various providers and state agencies working with and on behalf of grandparents raising grandchildren from across the Commonwealth. It is an excellent way to collect and share resources and information for grandparents and other kinship caregivers. Perhaps most importantly, though, the conference provides a forum for them to share their stories with community providers, lawmakers, and others to advocate for kinship caregivers across the state.

Commissioners and all the volunteers who make the work possible are committed to the grandparents' voice. Consider this information sharing an invitation to learn more about the Commission and especially to work with members and supporters as they continue to move forward. Grandparents contribute so much to their families and communities. For more information about this and other valuable information, consult the commission's website:

[www.massgrg.com](http://www.massgrg.com)

## Fitness Classes

### Dalcroze Eurhythmics

On Hiatus Until Fall.

### Strengthening with Geoff

Tuesday	9:15 - 10:15 a.m.	Holland Street
Thursday	9:30 - 10:30 a.m.	Ralph and Jenny

### Fit-4-Life Fitness and Nutrition Program

- ♦ Open to all 55+ on Wednesday and Friday mornings and afternoons at Holland Street, and Tuesday afternoons at Cross Street.
  - ♦ Open to Somerville's Lesbian, Bisexual, and Transgender women 55 and older on Tuesday and Thursday evenings at Holland Street.
- Call Chris at (617) 625-6600, ext. 2315 for more information.

### Bowling at Flatbread

On Hiatus Until Fall.

### Zumba for All (\$3 per class, \$15 for 6 classes)

Wednesday	5:15-6:15 p.m.	Holland Street
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### Yoga

On Hiatus Until Fall.

### Keep Moving: Everyday Exercises for Older Adults

Sun/Tues	12:30 p.m. and 7:30 p.m.
Thursday	12:30 p.m.

City TV 13 (RCN), 22 (Comcast) Educational Channel 15

## LGBT Happenings



**LGBT Monthly Lunch** – The next monthly luncheon will be Monday, July 13th at 11:30 a.m.

**LGBT Advisory Group** – Our next Advisory Group meeting will be Monday, July 13th at 4:30 P.M.

**LGBT Dinner & Movie** – Monday, July 20th.

\*If you have any questions regarding LGBT programming at the Somerville Council on Aging, please contact Maureen Bastardi at 617-625-6600 Ext. 2316 or email her at [MBastardi@Somervillema.gov](mailto:MBastardi@Somervillema.gov)

## New Programing Idea!



You asked, and we answered! Many older adults have asked about the opportunity to socialize while dining at different local restaurants. If there is still enough interest, we've found two volunteers who are willing to organize a

“Restaurant Club,” beginning in September. Please call Marie at (617) 625-7261 or Alice at (781) 391-8947 if you are interested. Suggestions for restaurants to try are more than welcome.

## Spotlight on...



Our winning friends from Teen Empowerment (l to r) Danny McLaughlin, Sassy Estany, and Sergio Estany, pose here with officers Paul Anderson and Yvon Jean-Jacques Jr — two of the policemen who helped Somerville succeed in Denver.

### Somerville Wins

#### “All America City 2015” award

With their rousing and energetic presentation in Denver last month, our friends at Teen Empowerment— along with the Somerville Public Schools music department, members of the police force, and active community members— helped judges from the National Civic League and active citizens from all over the United States understand why it’s no coincidence that our City’s fight song is “Somerville Leads the Way!” This incredible Somerville team competed against cities representing California, Florida, Texas, Mississippi, New York, and Washington for the award. The AAC Award celebrates and



recognizes neighborhoods, villages, towns, cities, counties, tribes and metro regions that have engaged residents in innovative, inclusive and effective efforts to tackle critical challenges. This year’s focus was on community efforts to engage and support vulnerable young men and boys, aligning with efforts such as The White House's My Brother's Keeper Initiative. Danny and the TE youth worked along with key City personnel and the SPS Music Department to organize the team’s skit and presentation, which showcased how music can engage people and active dialogue can promote positive relationships across cultures and generations. Congratulations to all.

### Somerville Council on Aging

Somerville Community Service Center

167 Holland St.

Somerville, MA 02144

617-625-6600 ext. 2300

[WWW.SOMERVILLEMA.GOV/DEPARTMENTS/COUNCIL-ON-AGING](http://WWW.SOMERVILLEMA.GOV/DEPARTMENTS/COUNCIL-ON-AGING)

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